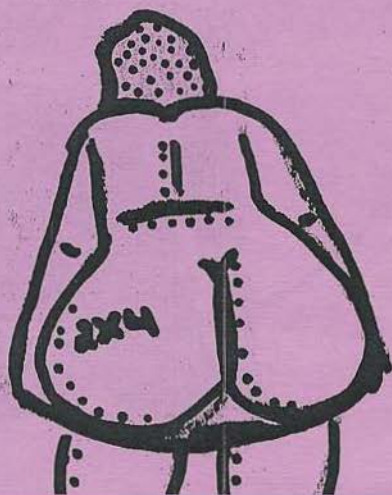


Pick it UP!

# FATTY FATTY

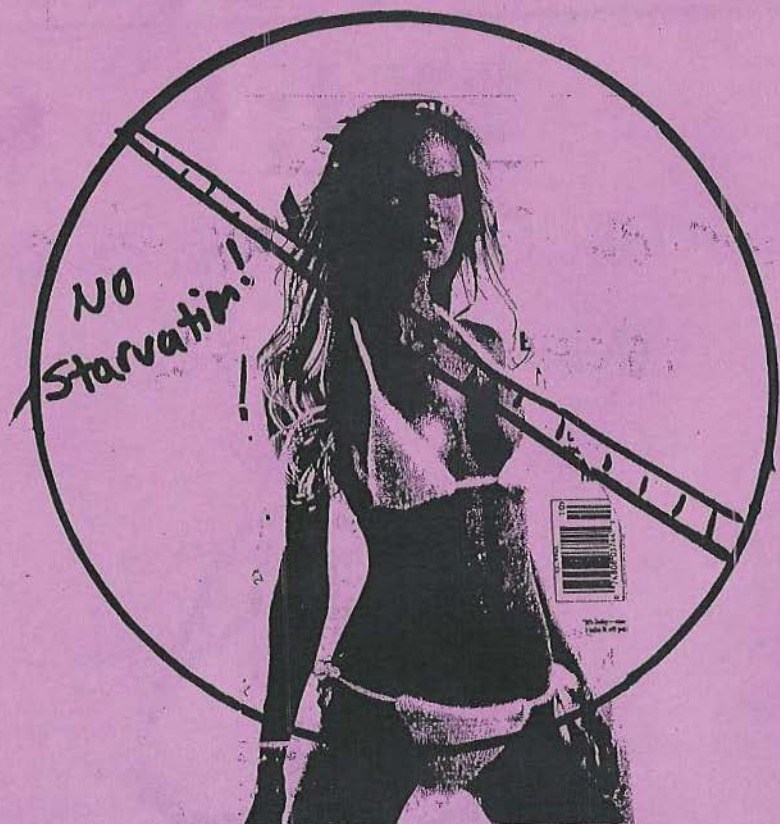
## 2X4;

Social COMMENTARY BY a  
QUEER Fat chick





Disclaimer: I'll try my best not to fill this space with a bunch of self-important and self-absorbed bullshit but it's hard sometimes. I really wanted to put in more poetry but I feel like a lot of my poetry is more self-indulgent and not as political or impacting as my ranting. The only way to connect with people is to put your thoughts out there, whether you are loved or hated. It's all I can do to keep from exploding right now with our inbred president leading us into a war based on greed, oil and ego. It's all about whose dick is the biggest right now. So until our world stops being as fucked up as it is, I'll do what I can, even if it just means leaking my thoughts.





## Advertising:

The irony that exists between Queers and advertising, People of Color and advertising, Fatties (like me) and advertising etc. etc. etc. is a testimony of the media's power over us as Americans. Look at it this way, we have Queer magazines, special interest publications, we have some nice forward thinking rags like Curve, Bust, Bitch, On Our Backs, Mode, Girlfriends. The tone of this segment is decidedly female focused but bear with me. Anyway, we think it's a huge victory to have information available to us, and it is. There was a time not so long ago when there was nothing at all for us. It's a victory that more people can be reached and network, even in rural, Podunk Arkansas.

However, there is a whole different situation that arises. All magazines require advertising. In my media literacy text it's said that about 65% of magazine space goes to advertising. This means companies advertise with the magazine and this gets our attention as Queers or Fatties or People of Color. Wow! Do these companies actually care about us? These giant corporate entities must really care about us marginal groups if they are paying their hard earned cash to advertise in our magazines, right? WRONG!

These corporations simply want our money. They don't care about us as a group or on the whole. Supply and demand has shown that we have some money and are consumers like the rest of the world and it would be wise for them to try and reach us. So we end up with a double-edged sword. We have the attention of the companies and their "support" but we are being sucked in and targeted from that same rotten perspective as all the other "mainstream" consumers out there.

To illustrate this point simply, just look at the amount of McDonald's commercials targeted towards African Americans! Look at who is advertising during Will and Grace and pay attention to the slants that some advertisers take during "queer time" or watch Black Entertainment Television and watch how "specialized" the ads are towards the audience. It's up to us to think critically about how corporations that have marginalized, ignored and disregarded "special interest" groups for decades, suddenly became aware of the need to notice us. They simply want our money. Don't buy into it.



# Useless Rhymes

Industrial Nation  
Fat Discrimination  
Fast Food Libation  
**American Intoxication**

Goodbye Reality  
Hello Insanity  
Get Your Hands Offa Me  
**Sea to Shining Sea**

Pregnant Capitalism  
Dirty Psychoanalism  
Denial Stupidism  
**Fuck You Bushism**

TV Dinners  
Queer Sinners  
AnorexiThinners  
**Media Winners**

Blame Blame  
Shame Shame  
Fame Fame  
**Game Game**

Losing Goal  
Monetary Hole  
Everyone's Role  
**Goodbye Soul**

Ruling with Dick  
Making Me Sick  
Tearing Down Brick  
**Something Will Click**

Gender Confine  
Useless whine  
Gimme A Sign  
**Pretend It's Fine**

Outta My Bedroom  
Gimme Some Headroom  
Under Rug With Broom



## Shiny Cars, Vroom Vroom!

Who Am I?  
Minus Lie  
Rather Die  
Brain Fry

Borrowed Time  
Hopeless Grime  
Acting Mime  
Useless Rhyme

**It's fascinating how few people are paying attention.**

When you start becoming savvy about the media and understanding all of the lies you are told regarding politics, human rights violations, policies, laws, the media, institutionalized racism, sexism, heterosexism, discrimination, the environment, gender roles, and everything the mainstream seems to report on, you stop believing the talking heads.

**The media lies. The media lies. The media lies.**

### Chapter 1

**Let's go back to the beginning.**

If you listened to them you would care about what your body looks like, color, shape, weight, ability and gender. They started lying to you about who you were before you were even born and when you came out screaming and shaking like an angry leaf in the wind, they didn't care. They dressed you in blue or pink and told you how to dress, how to eat, where to go, who to love, who to hate and what to believe.

### Chapter 2

**They taught you to pray. They lied. They all lied.**

Now it's up to us to investigate, think critically, look at all sides of the box, inside and out. Challenge the canon. Face their guns. Tell them to go away.

### Chapter 3

**CONSUME CONSUME CONSUME**

They lied to you before you were born and there is danger in believing them now. If you do, you will believe that the relationship between you and FOOD and INANIMATE things are more important than people.



## **Rant**

If someone calls me fat, I don't have a comeback. I simply don't respond. It's not *me* they are calling fat. They are simply pointing out how cruel, ridiculous and insecure *they* are. Calling someone fat is rhetorical like calling a woman a bitch if she's loud or strong or simply exists. It's a weak defense, bred out of stupidity, lack of defense and fear. It's not really about me.

People like Beth Ditto of The Gossip (simply because she's a hot fat woman), Marilyn Wann, Nomy Lamm, Camryn Manheim, and of course my friend Dexter, have to be thanked for coming forward and addressing the prejudice and lack of human respect associated with size discrimination. It's not about a bunch of fat people crying on television because airline seatbelts are too small (which they are); it's about equality, an unrealistic beauty standard and common sense.

Human dignity is at stake. For chrissake, the media calls Halle Berry fat, is there no end to it? They talk about how beautiful people like Queen Latifah, Missy Elliott, and Catherine Zeta Jones are "beautiful at any size" but wouldn't they just be lovely as waifs? Well, we've already lost some of our favorite chubby women to the Hollywood obsession with weight (my spin on it). Wasn't Jennifer Connelly much hotter as a curvy girl in Labyrinth than as a junkie in Requiem for a Dream? Wasn't Christina Ricci hot shit in 200 Cigarettes compared to her now skinny body and HUGE head? Ally Sheedy won my heart in Breakfast club as a cute normal sized woman and then she was a junkie waif in High Art. Missy Elliott lost weight for health reasons and I support that but it stands that she is drop-dead gorgeous at any size. Roseanne Barr was never hot but I don't support losing weight and surgery just for image.

People are honestly treated like sub-humans just for being fat. Why doesn't anyone get that it's the same thing as marginalizing people of color for being a different hue? There is a dangerous, impossible beauty standard in this country. It is endangering and marginalizing people. Cosmetic signifiers,



empty of content and value, are the standards we use to determine a person's worth in America. It's interesting how the stereotypes are similar for minorities and fat people. It is assumed they are lazy, stupid and inferior.

This is not to say that size discrimination affects only women of size either. This is not assuming that the very thin don't also get talked about, stared at and made fun of for being very thin. This is also not commentary designed to compare being enslaved and dehumanized because of the color of your skin is the same as suffering size discrimination.

I am saying though, that being fat in America is something I have to wake up and face every single day. I have had to deal with torture at the mouths of schoolmates, cruel remarks and discrimination because I've got a big belly. Doesn't make a lick of sense, does it?

Doctors and health care providers give false information about fat and talk about the risks of heart disease without addressing the true causes. They feign concern and pressure us to lose weight because they think we should, not because being thin equals being healthy. You don't get heart disease from being fat; you get it from being unhealthy, eating the wrong foods, genetics and a variety of other factors. Demand respect.

We are so trained in this society by the imposed and enforced dichotomy of fat vs. thin that we can't even face ourselves in the mirror. I am confronted with images of the thin, white, young beauty standard everywhere, it has infiltrated my life. We are shown women "indulging" in sinful snacks and then bombarded with diet commercials. One lotion brand tells us to "Love your body" as it has a thin, white, sexy, tanned leg waving sexually in the air at us. We aren't told by the sixty billion dollar-a-year industry that 90%-95% of all diets fail (an actual statistic!).

We have watched our mothers, grandmothers, aunts, friends and strangers suffer the grueling effects of being fat. We have learned to think we are NEVER THIN ENOUGH. We have learned that losing five more pounds will us happy and beautiful. We rise from the ashes, embrace our bodies and then crash back into the abyss of fat shame.



It's no wonder  
that every woman  
in America  
Thinks About <sup>Every  
Single  
Piece of</sup>  
Food She Puts in  
her Face .

## Retrofitted ambulance will help medical staff handle extremely obese

*The vehicle, equipped to lift and carry a half-ton, is  
designed to protect patients and medical personnel.*

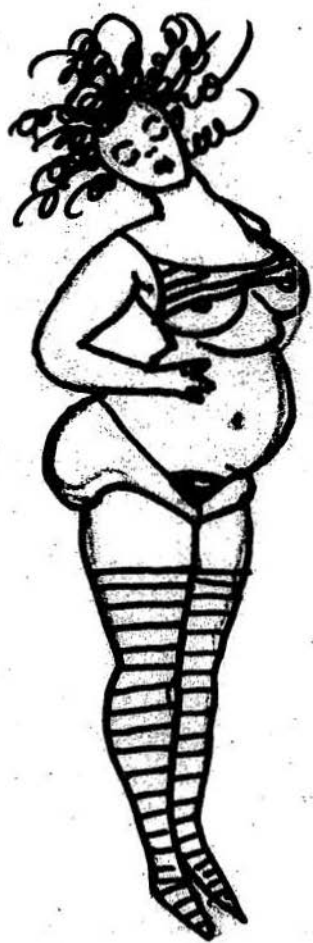
By PATRICK O'NEILL  
THE OREGONIAN

American Medical Response has developed a supersized ambulance in response to a growing obesity epidemic.

The Portland company's retrofitted ambulance, which can carry a patient weighing up to half a ton, went into service in Portland this week. Called a "bariatric unit," it has a larger than normal patient compartment with ramps and a winch.

The new ambulance reflects the challenges that increasingly heavy patients pose to medical personnel. Hospitals are investing in stout new hoists to lift obese patients in and out of bed. And Kaiser Permanente is trying to make the Sunnyside Medical more welcoming to the extremely obese. The unit is designed for emergency medical use.





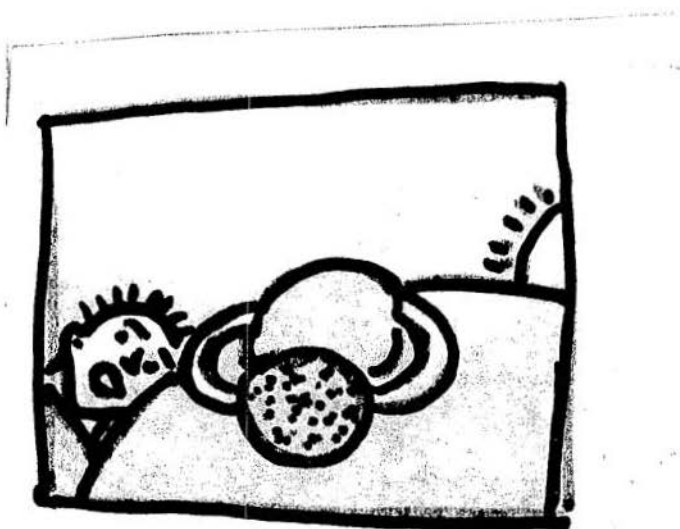
Fatties make  
more ♡  
1) Luscious (11  
Lovers



No more! The lies being told in America about us fatties do not apply! They are lies! Do you believe the KKK's white supremacy rhetoric? No? Then why would you believe all the transparent lies that contribute to the beauty myth? They should be recognized for what they are, discrimination akin to racist, sexist, heterosexist, and homophobic rhetoric. That is, to be happy and beautiful, you must be white and thin and young and straight.

Once the wool is taken from your eyes, you'll never be the same. I relearned my body as I learned it the first time as a child. I see Barbie for what she is. I recognize the mixed messages, the shame and the fear that are supposed to motivate me into thinness.

Life is too short. Love yourself.





We are all at individual places with our comfort level and self-awareness. Our bodies, minds and souls often struggle to tune out mainstream rhetoric. This Zine is my first. It's an honest self-exploration, observations about myself. It's painful to try and objectively assess my strengths and weaknesses. I was able to do this on a new level. A lot of my observations and thoughts are based on volumes of information on size acceptance. Thanks to Marilyn Wan and Nomy Lamm for their work with size acceptance. My supporters: Dexter, Rebecca K., LHB, DJ Thornley, Jaye S., Nicole W., Harmony S. and Hilly Dilly.

The lines between individuality and political correctness are different for everyone so sometimes I may appear to be coming from my own perspective. Unapologetically, I am.

## Making and Breaking Myself; some contradictions and strengths

### Body Image.

I still like oversized sweatshirts sometimes to curl up around my body, the generosity of the fabric makes me feel "thinner." I don't think about my body size when fucking, except how lovely it is, all that flesh and skin.

I love my tits, they're perfect.

My big, round ass is point of obsession for me. It's perfectly shaped and smooth.

I still sit slouched over sometimes to protect my belly and hide it.

I love wearing tight shirts that hug my curves. I don't "feel" like a big person. I just feel hot. People agree.



I don't EVER meet people and wonder if they are thinking about my size.

No one ever says to me anymore, "You have such a pretty face" because I know and project that it's all beautiful. All of it.

I don't wonder if people think I'm fat. I know I am and talk about it as freely as I do being Queer and a Woman.

I never use the word "splurge." I eat what I want, when I want.

My mother covered up her self-punishing eating habits by using that word. Sadly, it happened almost every day.

I will never "give up" on my appearance or think I've gotten too fat to wear a certain style.

I change the way I dress every day and look great in everything from overalls to platform heels.

I wear athletic wear without shame.

I don't wonder, EVER, if anyone is watching me eat and thinking about my weight.

I talk about being a fat girl with my friends because we're hot shit. Not because we're ashamed.

I will never have a friend who thinks I'm too fat.

I own fat pants that aren't for anything but fat days.

I still worry sometimes that my body will become disproportionate. Like my wrists will become astronomically fat.

I shop proudly at fat girl stores. I call them that.

I don't get on scales.

People are always saying I've lost weight when I haven't. I tell them I haven't but just feel great.

I don't tell people my weight, I am not a number on a scale, I'm a person.

I tell people my weight if they ask.

I weigh 270 pounds.

I play on the floor with kids.

I can do the splits.

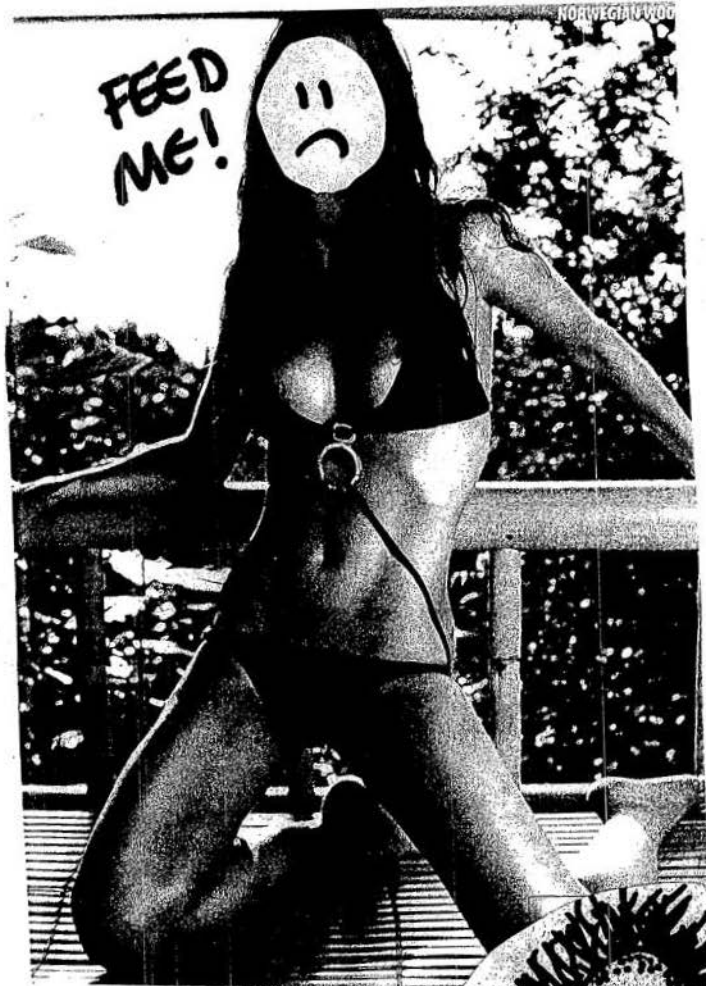
I 'm very strong.

I love to hike.

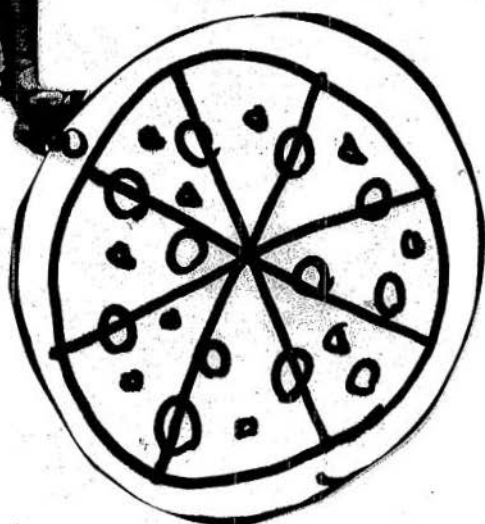
I see through America's lies.

I rock.











AMERICA (one of my several)  
Denise Renfrow

Because of the way things are, we have shows like  
Dating Story  
Dating Game  
Baby Story  
Wedding Story  
America is obsessed with normalcy  
Whatever that is  
America comes in a Happy Meal Box  
The name rolls off my tongue  
AMERICA  
Not what it is supposed to mean  
But what it has become  
a creative name  
for packaging yogurt  
so kids will eat it  
in lieu of cheeseburgers every once in a while

Notoriously ignorant  
Camera wielding  
tourists with no tolerance  
Nor understanding of other cultures

What the fuck are we thinking?

Does anyone even look at the scenery anymore?  
instead of tossing their garbage  
out the windows  
and locking their doors

I've been on streets in neighborhoods  
with fences, gated communities  
make life so much more comfortable  
for Happy Meal Families

Their prize is death.

Do they chase their dreams  
Because it's what they want



Or because it's what they are told they're supposed to want?

I see naked people wrapped in television  
their date stamped on their bag  
raising their kids with GAP underwear  
in plastic churches  
Marriage  
Children  
Cars  
Blockbuster  
Products, products everywhere  
Bathrooms overflow with 5 billion PRODUCTS

No one's sure how it all began  
but how it is that AMERICA has become  
the largest drain on earth  
like a teenager in a papoose suaddling America's tit  
leaving her no time to replenish

We are too heavy for this earth

Women are obsessed with food,  
Anorexia, thin, thinner, thinnest  
Plastic faces, liposuctioned thighs  
Fat free world  
No taste anymore  
filling bellies with dead food  
filling minds with a slow, leaking, ignorance

How wasted are the days,  
spent idly in front of the TV?  
What good could ever come of it?  
Talk shows,  
Game shows,  
Soap Operas,  
ADVERTISEMENTS EVERYWHERE!

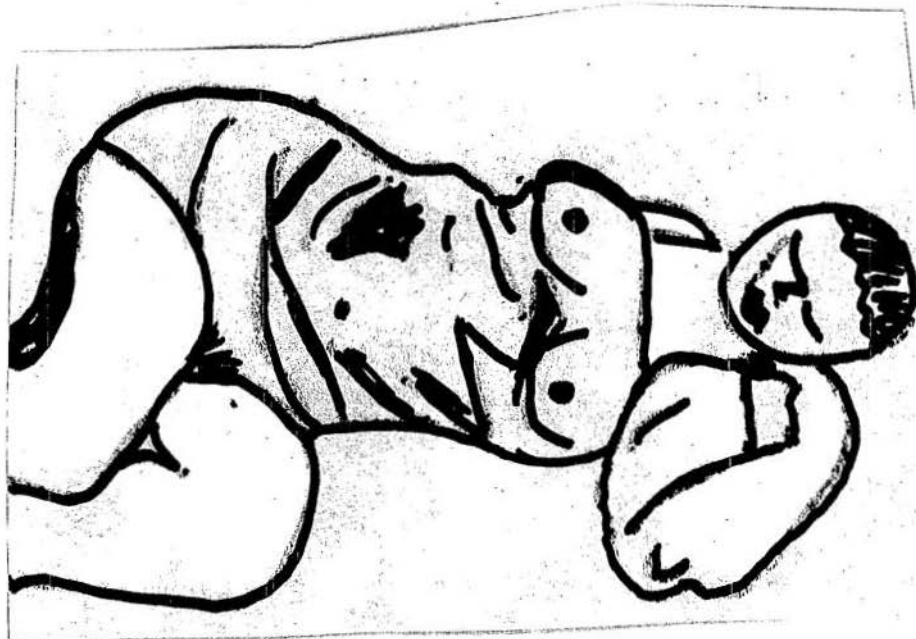
I smash my fists to my ears and  
shout at the radio to stop telling me  
CONSUME CONSUME CONSUME  
Like the gentle clamor of  
a trains wheels  
steady, like Chinese water torture, slowly  
making me insane



deadening me to a point  
of not being able to lift a pen  
or let a thought breed on it's own  
Psychology becomes theory exclusively  
Who could possible think for themselves  
with the media waging war on us  
Constantly  
He think we're poor but have no concept of the state  
of the REAL world

Hell fuck you  
and I'll take MY AMERICA  
elsewhere  
Away from an Inbred President  
Regurgitated consumerism  
dead pan eyes  
Everyone thinks they are depressed, unhappy  
But it's because we are taught that we  
NEED A B C D E F G to be happy

Read a book, America,  
Read a book  
You are lost and I fear, too far-gone  
Flat lined,







I ♥ FATTIES



# Lose the Self-Inflicted Baggage!

## *Websites of Interest for Fatties*

[www.size-acceptance.org/](http://www.size-acceptance.org/)

[www.naafa.org/](http://www.naafa.org/)

[www.jannygirls.com/](http://www.jannygirls.com/)

[www.bugsbest.com/fataccept.htm](http://www.bugsbest.com/fataccept.htm)

[www.fatso.com](http://www.fatso.com)

[www.adiosbarbie.com](http://www.adiosbarbie.com)

[www.nomylamm.com](http://www.nomylamm.com)

**Contact me! *DynamicFatGirl@hotmail.com***

## *Books of Interest/ Size Activism/ The Media*

**We The Media** edited by Don Hazen and Julie Winkour

**Approaches to Media Literacy** by Art Silverblatt, Jane Ferry and Barbara Finan

**Wake Up, I'm Fat!** by Camryn Manheim, Rosie O'Donnell

**FAT!SO? Because You Don't Have to Apologize for Your Size** by Mari Wann

**Big & Beautiful Overcoming Fatphobia -- For Women Size 14 and Up** by Ruthanne Olds

**Fat History: Bodies and Beauty in the Modern West** by Peter N. Stearns

**Well Rounded: Eight Simple Steps for Changing Your Life...Not Your Size** by Catherine Lippincott

**Body Outlaws: Young Women Write About Body Image & Identity** edited by Ophira Edut

**Deal With It! A Whole New Approach To Your Body, Brain and Life**

**gURL** by Esther Drill, Heather McDonald & Rebecca Odes  
The Body Project: An Intimate History of American Girls by Joan Jacobs Brumberg

**Big Big Love: A Sourcebook on Sex for People of Size and Those Who Love Them** by Hanne Blank

Dynamicfatgirl@  
hotmail.com





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